

# Galileo Guide to Being Full, Healthy & Happy on Camp 😊

This camp is going to present you with a number of exciting challenges – sleeping in tents, hiking with a full pack of gear, caving, dodging leeches – and – cooking for yourselves!

This guide is designed to give you some ideas about meals that you can prepare – the focus is on **WARM**, **HEARTY** and **LIGHTWEIGHT**. Nutrition is important – you can't hike on dried ramen noodles & candy!!

You will be working with **5** other people [**2 tent groups – 3 in each tent**] to create the following meals:

**Dinner for night 1**

**Breakfast for day 2**

**Lunch for day 2**

You will need to go shopping for your food prior to the camp; you should anticipate **contributing \$10-\$15** towards your shared meals [*take advantage of the food in your pantries! Especially things like seasoning😊*]

## **Everything you buy you will have to carry!**

So:

- **Avoid heavy items** like tinned tomatoes, tuna, coconut milk and UHT milk. Instead – look out for tuna / salmon in foil pouches and powdered coconut milk [from Asian grocery stores] and powdered milk.
- **Unpack** food from boxes & transfer to **zip-lock bags**.
- **Pre-cut** veggies for dinner and pack in **zip-lock bags** 😊

*Zip lock bags are your friends this camp! As are Tupperware boxes to help protect squishable items!*

*You will have time in class to design a menu.*

*We are here to help & make suggestions.*

**As a group, you need to clarify whether people have dietary requirements [allergies, Vegetarian, Halal, Kosher, etc.] and work around them.**

**Each person must bring:** 1 bowl, 1 mug, fork, spoon, plate optional

**Each Group must bring:** knife to spread, knife to cut, small chopping board

# Night 1 – Dinner

## It is going to be cold!

Your dinner is going to be a great way to warm up ☺ Keep in mind that you might be cooking as the sun goes down, so you want to **minimise** how much **preparation** you have to do at the campsite [pre-cut vegetables at home & bring in zip-lock bags].

Each cooking group will have **2 Trangia stoves** – this will enable you to cook in quantity [for 1 pot meals] or have 1 pot boiling water for pasta / noodles / couscous and 1 preparing veggies.

Brainstorming dinner? Consider this approach!

Choose 1 item from each column [multiple veggies] and combine to create a delicious, hearty dinner ☺

Carbohydrate	Binder [Flavour]	Protein	Veggies	Topping
Rice Noodles [quick cook]	Coconut Milk Powder [add water & put in curry or soup]	Tofu [soup or stir fry]	<i>Fresh:</i>	Sunflower seeds
Ramen Noodles [quick cook]	Curry paste [curries or soup]	Tempeh [soup or stir fry]	Carrots	Pumpkin seeds
Pasta [8-10 min boil]	Miso paste [stir fry or soup]	Tuna in foil sachet [pasta]	Sweet Potato	Parmesan cheese [pre grated in sachets]
Couscous [quick cook, add boiling water & wait 5-10 min]	Soy sauce [sachets not bottle – stir fry]	Salmon in foil sachet [pasta]	Broccoli	
Quinoa [boil ~8-10 min]	Pesto – pasta [small container]	Chicken in foil sachet [pasta / stir fry]	Potato	
	Veggie / chicken stock cube [soup, pasta, stir fry – add a little to water]	Salami / Kabana [pasta / stir fry]	Capsicum [don't pre-slice]	
		Red Lentils [curry or soup]	<i>Dried [rehydrate]:</i>	
			Semi dried tomatoes	
			Peas	
			Corn	
			Carrots	
			Mushrooms [shitake]	

## Dinner ideas can include:

- Coconut curry with lentils served over couscous [recipe on camp wiki page]
- Miso Soup with noodles and tofu [recipe on camp wiki page]
- Pasta with veggies and tuna / salmon / salami and parmesan cheese
- Couscous or quinoa with stir fried veggies & tofu

## Tips!

- Pasta needs to be added to water that is on a **rolling boil** – it should be cooked for ~5-8 minutes – until it is chewy.
- Lentils need to be **stirred** so that they don't stick to the bottom of the pan [add more liquid if they get too sticky!]
- If you want to cook with tomatoes – consider bringing semi-dried tomatoes & rehydrating them in your sauce.

## Breakfast – Day 2

**Embrace powdered milk** 😊 It's only for one morning [day 3 will have fresh milk] & is so much lighter than a litre of UHT!!

**It's nice to warm up in the morning** – so bringing a couple of sachets of **instant oats** per person can be a great way to do so.

Warm up milk or water - add it to your oats, stir & eat.

**Alternatively** – you can bring the cereal of your choice & warm up milk to pour over.

Bring some **tea or hot chocolate** if you would like to have a hot drink.

## Lunch – Day 2

### WRAPS!!

*The lightest, tastiest way to eat lunch 😊*

Wraps are **lightweight**, won't **squish** and you have **complete control over what goes inside**.

Our suggestions:

<b>Wraps +</b>	<b>Protein:</b> <b>Boiled Egg / Tuna / Salmon / Salami /</b> <b>Avocado [in Tupperware] / Beans /</b> <b>Hummus</b>	<b>Veg:</b> <b>Carrots / Spinach / Cucumber / Bell</b> <b>Pepper</b>
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**Snacking on the hike – unwrap everything at home & combine in ziplock bags:**

- **Protein:** nuts, seeds
- **Sweets:** lollies, chocolate
- **Healthy [ish]:** museli bars, sesame snacks, dried fruit
- **Fresh fruit:** apples & oranges will travel ok but are heavy

## Drink up!!

**You must bring four [4] litres of water for the hike. This includes water to cook with. Start saving 2 litre milk & juice bottles!**